

Raining Men

拍数: 48 墙数: 1 级数: Beginner
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音乐: It's Raining Men - Donna Summer



OPEN FEET, CLOSE FEET, FORWARD AND BACK STEPS

- 1-2 Step right foot to right side, step left foot to left side (out out)
- 3-4 Step right foot back to standing position, left foot next to right (in in)
- 5-6 Right foot forward, left foot forward
- 7-8 Right foot back, left foot back

FORWARD AND BACK SHUFFLES

- 9&10 Shuffle right foot forward
- 11&12 Shuffle left foot forward
- 13&14 Shuffle right foot back
- 15&16 Shuffle left foot back

STEP AND TOUCH

- 17-18 Step forward on right touch left to right
- 19-20 Step back on left and touch right to left
- 21-22 Step back on right and touch left to right
- 23-24 Step forward on left and touch to right

Option:

For fun, turn four ¼ turns to the left as you step and touch. Start with right foot ¼ turn left, clap hands on each touch. Finish facing front

SHUFFLE TO THE SIDE AND ROCK BACK STEP

- 25&26 Shuffle right foot to the right, right-left-right
- 27-28 Rock back on left forward on right
- 29&30 Shuffle left foot to the left, left-right-left
- 31-32 Rock back on right forward on left

SHUFFLE, PIVOT ½ TURN RIGHT, SHUFFLE, PIVOT ½ TURN LEFT

- 33&34 Shuffle right foot forward
- 35-36 Left foot forward, pivot ½ turn right, recover weight on right
- 37&38 Shuffle left foot forward
- 39-40 Right foot forward, pivot ½ turn left, recover weight on left

SIDE STEP & TOUCH, 4X

- 41-42 Step right foot to the side touch left to right
- 43-44 Step left foot to the side touch right to left
- 45-46 Step right foot to the side touch left to right
- 47-48 Step left foot to the side touch right to left

REPEAT